



# Center for Naval Aviation Technical Training

# Plan of the Week



**02 - 08 February 2004**

<b>Commanding Officer</b>	<b>CAPT R. C. MOCK (cell 426-2033)</b>
Executive Director	CAPT CODE (cell 516-1129)
Command Master Chief	CMDCM (AW) MIHELICH (cell 426-2034)
Command Career Counselor	PNC (SW) COLEMAN
Command DAPA	ATC (AW) DELWARE
Command Equal Opportunity Advisor	ATCS (AW) ERWIN
Civilian Equal Opportunity Liaison	MS. SIRNEY
Command Ombudsman	VACANT
Command Duty Officer Cell Phone: 426-2029	

## Mission:

DEVELOP, DELIVER, AND SUPPORT AVIATION TECHNICAL TRAINING NECESSARY TO MEET VALIDATED FLEET REQUIREMENTS THROUGH A CONTINUUM OF PROFESSIONAL AND PERSONAL GROWTH FOR SAILORS AND MARINES.

### UNIFORM OF THE DAY

		Prescribed	Alternate
	E7 & Above	Winter Blue	Service Khaki
	E6 & Below	Service Dress Blue	Winter Blue, Utility
	E7 & Above	Service C	Utility
	E6 & Below	Service C	Utility

### CDO WATCHBILL

FEB 2 – 8	GYSGT GRAF
FEB 9 – 16	GYSGT HESTER
FEB 17 – 22	MSGT KLEINSTIVER
FEB 23 – 29	GYSGT LEWIS

**FRAUD, WASTE, AND ABUSE HOTLINE -- DoD 1-800-424-9098**

**EO/SH Complaint/Advice Hotline -- 1-800-253-0931**

**NMCI On-line Help Desk: <http://nattconline.cnet.navy.mil>**

# Notes

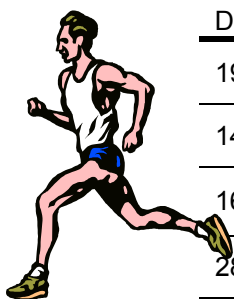
1. **CNATT PHYSICAL TRAINING.** The February monthly PT session will be conducted, Wednesday, 25 February, 0700, Portside Gym. Civilians are invited and mandatory for military. The training will consist of the following:

- Calisthenics
- Group Activity (Basketball, Racquetball, Volleyball, Special Forces Pull-up Contest)
- 1.5-Mile Run
- 5-Min Walk (cool down)
- Stretching

Notes: 1. \*\*Stretching will be conducted on your own before 0700\*\*

2. \*\*Complete workout will take 75 minutes and participants must be at work by 0900\*\*

## 2. **PHYSICAL READINESS TEST**



Date/Time	Test	Location	Weigh-ins
19 Mar/0600	Coordinators	Portside Gym	10-11 Mar, 0700-0800 at CNATT Weight Rm.
14 Apr/0700	Swimmers	Bldg 3944	7-8 Apr, 0700-0800 at CNATT Weight Rm.
16 Apr/0700	Command PRT	Portside Gym	7-8 Apr, 0700-0800 at CNATT Weight Rm.
28 Apr/0700	Swim (Stragglers)	Bldg 3944	7-8 Apr, 0700-0800 at CNATT Weight Rm.
30 Apr/0700	Command PRT (Stragglers)	Portside Gym	21-22 Apr, 0700-0800 at CNATT Weight Rm.



3. **NAVY REGS - EEO.** Just because conduct isn't sexual harassment doesn't necessarily mean it's okay. Even welcomed conduct is improper if it involves using official position for private gain, giving preferential treatment, use of official time for unofficial activities, use of Government property for unauthorized purposes, and unauthorized giving/accepting of gifts.

4. **GRAMMAR RULE OF THE WEEK.** Commas. Use commas to set off interjected words, phrases, or clauses. Examples: He knew, **however**, that no one would listen to his warning. **No**, you may not come with us.



5. **NAVY "ONE SOURCE".** Navy "One Source," a free 24-hour information and referral service, available to all active and reserve Sailors and their families, offers practical solutions, background information, and advice via telephone, email, or the web. Navy "One Source" will cover areas such as parenting and childcare, educational services, financial information and counseling, civilian legal advice, elder care health and wellness, crisis support, and relocation information as well as many other fields. The Navy "One Source" toll free CONUS number is: 1-800-540-4123. OCONUS Sailors and families may access the service either through an OCONUS universal free phone at 800-5404-1233 (with appropriate country-specific toll free access codes) or an OCONUS collect call to 484-530-5914. Information on specific overseas toll free access codes is available on the Navy "One Source" web site at [www.navyonesource.com](http://www.navyonesource.com). Full Navy "One Source" support is also available via the website. The universal user ID is: NAVY, and the password is: SAILOR.

6. **QUOTE OF THE WEEK:** "If everybody is thinking alike, then somebody isn't thinking."

--George S. Patton

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G. M. WOLFE  
By direction